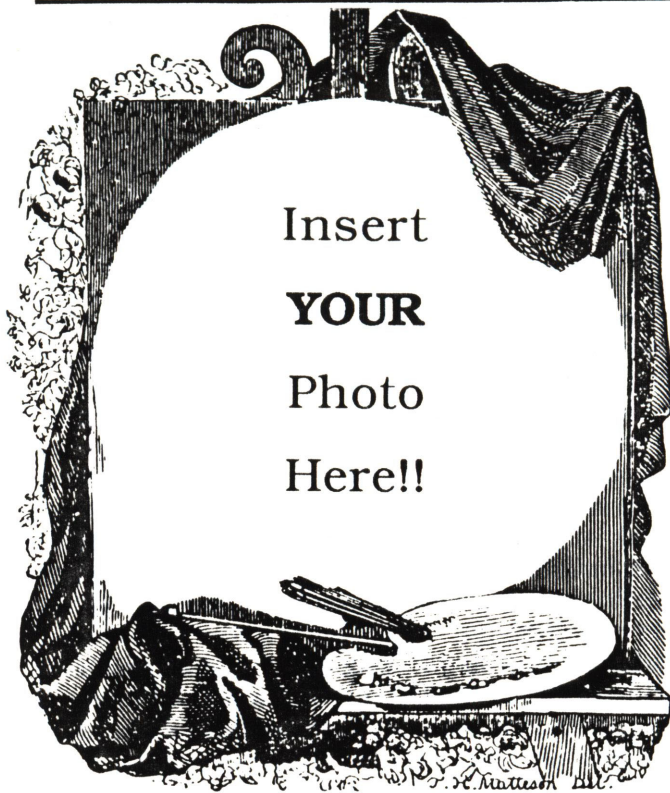


Moscow Food Cooperative
NEWSLETTER



Volunteer of the Month

The Co-op wants you to fill this space!

June, 1990

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Graphics: Pam Palmer
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Typesetting: Nola Steuer

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The opinions expressed in this newsletter are not necessarily the opinions of the Moscow Food Co-op, its staff, or Board of Directors.

A FEW MORE CHANGES, AGAIN, STILL

by Bill London

Yes, even on such a regular, stable and normal publication as the Moscow Food Coop Newsletter, changes are made. This month I have two changes to report.

First, note the masthead (the list of who does what, etc. that appears on the cover). You hopefully will find a disclaimer there ("The opinions expressed are not necessarily ..."). We have added that to help clear some confusion about articles we publish. Some of the articles in the newsletter reflect Coop policy or direction — and that should be obvious because they are written by Coop staff or Board members about the store and its future.

Most of the articles we publish, however, are not official Coop policy. The recipes, do-it-yourself remedies, and political diatribes all fit into this unofficial category. The Coop makes space for those articles because we believe in providing a forum for viewpoints and ideas that are too often ignored in the mainstream press. Perhaps you recall that part of the Coop's Mission Statement reads as follows: "The Moscow Food Co-op provides an information network that fosters progressive social, political, and ecological change." Part of that information network is the bulletin boards at the store, part is the community meeting place (both downstairs and upstairs) the Co-op has become, and part is the newsletter.

So, if you have something to say, write it down and leave it in the slot marked Newsletter in the office. Be sure to add your name (and phone number, please). Be forewarned that there is not much space in this newsletter and we give priority to articles written by Co-op and community members. Already-published articles and brochures are less likely to get printed by this newsletter.

Remember as you read articles in the newsletter that unless the author is a Co-op Board or staff member writing about the Co-op, the author is speaking for him or herself. If you disagree (or agree), feel free to respond in a later article.

The second change in the newsletter is also reflected in the masthead. Nancy Casey has retired. Nancy typed the newsletter and shared editing chores with me for many months. She did a great job, as we all knew she would, but with the demands of the Renaissance Fair Presidency and the move to their new estate, she called it quits. Not surprisingly, it's going to take two people to replace her. Nola Steuer of Type-Right will do the typing from now on, and Maree McHugh will alternate editing with me. Maree is on for next month so sharpen those pencils, pound those keyboards and turn in some great stuff for the next issue--please.

BOARD OF DIRECTORS NEWS

Fritz Knorr

I have good news and bad news this month. First, the bad news. Candace Cloud has resigned from the Board. She is leaving town, headed for Corvallis by way of Kelly Creek. I will speak for the Board of Directors and the Moscow Food Coop and say, thank you, Candace, for all that you have done, and may love and happiness be with you. For some good news. Candace's replacement on the Board will be Lee Anne Eareckson. And for more good news, Lee Anne just had a baby girl, Anne Marie.

We have a bunch of candidates for the remaining open positions. This is an unusual situation. Typically when we are recruiting to fill an opening on the Board, people just shout out, "NO!" to us when we are still 20 yards away. They know the request is coming by body language or something. Except for Bill London, who says, "I'm willing to facilitate, but I don't want to commit." Don't go away if there is no room on the Board and you have a valuable advisory skill or if you are interested in helping with policy, planning and goals for the Coop. Sign up for duty on one of our standing committees: Finance and Legal, Personnel, and Facilities and Operations.

This month the Board passed a flock of resolutions: a pay raise for assistant managers, window tinting, a new purchase order system, a policy on political canvassing (stay outside, don't harass the customers), bakery expansion, outside signs, and the new committee structure. Net sales for April were \$42,000, a record month. Overall, your Coop seems healthy, thank you for your support.



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WHAT: Consumer Education Project Session

"Day/Weekend Trips in Eastern Washington and North Idaho: Travel on the Cheap"

WHEN: Monday, June 25, 1990 7:15 - 8:30 pm

WHERE: Upstairs in Moscow Food Coop, 310 W. 3rd
For more information contact Bruce Harding at 332-7749.

NOTES FROM THE UPPER CRUST

Ed Clark

Activity at the Co-op now begins at 5:00 am five days a week. It's just getting light when I ride in on my bike and climb the stairs to the Upper Crust to begin mixing the day's doughs. We're beginning our third month of operation and things seem to be going more and more smoothly.

Often people ask what day a certain bread will be on the shelves, well folks, there is no system yet but I'll say what I try to make daily.

Currently I daily bake 100% organic whole wheat bread in 2 lb. loaves, Cornell formula 1 1/2 lb loaves and 1 lb. baguettes, half whole wheat-half white in rolls, buns and baguettes and some kind of muffin. Other breads I do on a day-to-day basis depending on time, ingredients and whim.

Some of the regulars are caraway rye, sour rye, herb onion, no salt, carob raisin, anadama and challah as well as cookies and frozen dough. I enjoy the creative process so surprises will appear on the shelf from time to time.

Let me hear about what you like, what you don't, and any problems.

Occasionally experiments go awry (no pun intended). If ever you take home an unsatisfactory product PLEASE bring it back for exchange or refund. I certainly need to know what has gone wrong.

There's no way all these goodies would get made without help from the early morning volunteers. Laurie Cartwright, Josiah Fisher, Amy Gribb, Megan Klemsrud, Jude Pate, and Michael Preston are in bright and early to form breads, fill the ovens, stock the shelves and help with the cleaning and I truly appreciate their assistance.

We welcome our new staff baker, Kris Siess, who will be a regular very soon. The Upper Crust will be delivering bread seven days a week soon. Please share your compliments with these folks and save the criticism for me. And please help us by volunteering.

The last bit of news is the slickest thing since sliced bread — we now have our own bread slicer and you can request to have your loaf sliced on our ancient but very functional "producer" bread slicer.

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COOP GOES TOPLESS

Ed Clark

The first ever Topless Pizza Party and Bakery Inauguration on May 13 drew quite a large and hungry crowd to the Coop (the crowd brought the toppings for our topless crusts). Pizzas covered the spectrum from the usual, as in cheese and pepperoni, to unusual as with pineapple, to the exotic — try pesto with black olives and artichoke hearts, to the ridiculous, would you believe chocolate sauce, coconut and marshmallows?

Ed Clark, Josiah Fisher and Tom Lamar, with lots of other helpers, kept firing up the pizzas in the Upper Crust convection oven. Seems like a great time was had by all and the only complaints were about eating too much. Maybe we should do it again sometime soon.

Meanwhile, here is how we made the tomato sauce. Thoroughly drain 2 large cans of tomato and put them into a bowl with 1 small can of tomato paste. For a chunky sauce break up the tomatoes with your hands. For smooth, whiz it in the blender for a few seconds. Add to that some basil, oregano, and finely diced garlic, onion and green pepper to taste. That's it! The sauce cooks on the pizza (remember to cook pizzas in a hot oven). The Coop has frozen dough, mozzarella and olive oil as well as exotic toppings — everything you need to try this exquisite meal at home.



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INFORMATION AND DARWIN (A MAN OF LETTERS)

by Nancy Ging

I sat in wonderment as I read a biography of Charles Darwin recently. Darwin managed to do quantities of painstaking research, made several world voyages lasting years each, kept detailed journals, wrote books and articles, read profusely, had a family, went for walks every day, and--here was the source of my personal amazement--maintained many lengthy and rich correspondences. Personal, handwritten letters. Long ones. Lots of them. How did he do it?

I don't consider myself a Charles Darwin, certainly, but I do think of myself as a productive person. I like to believe that I use my time efficiently and I rate myself fairly high in terms of the amount of work I turn out. But I can't remember the last time I wrote a personal letter. For the past several years I haven't even been able to finish my Christmas cards.

I became fascinated (obsessed?) with figuring out how Darwin was able to manage it. I didn't have much luck until I found this clue: at the time Darwin was alive, a person could read about half a dozen scientific journals and keep up with all the scientific knowledge extant in the Western world. Only half a dozen such journals existed! I began thinking of my own struggle to keep up with new knowledge in just the one field of counseling. I realized that I could spend nearly full time reading only ads about new journals available. Darwin didn't have to spend time like that.

I began to notice how much time I invest in considering options before making choices. For instance, I spent several hours last week with my daughter sorting through available summer activities for kids. When I go to the store, I don't just buy laundry soap. I select from a dozen different brands, pausing to compare prices and environmental factors as well as size and product performance. I was amazed to find how those pre-choice moments add up.

I'm not complaining about all the choices we have these days (well, maybe junk mail). But I wonder if we are fully aware of how the "information age" is affecting our lives in this regard? It seems to me we may need to develop some new skills.

For instance, I'm trying to cultivate the idea that I don't need to know all the movies available on a particular evening, only one that appeals to me. Similarly, I don't need to have so many channels on my TV that it takes me half an hour to decide what I want to watch. My daughter has been learning that it's okay, even desirable, not to do everything that she can fit into her schedule. She has found life more joyful when she pursues only one or two activities. Both of us are learning to be more content with the idea that we might be "missing something" that we enjoy.

Perhaps the most important skill of all is learning how and when to say, "I don't need to know." For instance, I've discovered that the world goes on even if I don't watch the six o'clock news regularly. I don't even feel less informed.

I think it takes a new kind of discernment to decide when more information would be a hindrance rather than a help. Information can educate us, but too much can immobilize us. (Politicians know and use this--do we really need any more studies on the medical effects of nuclear radiation?)

Thank you, Charles, for the insights. Why, if you were still alive, I think I'd write you a letter!



ASK A CHILD

by J. Jordan

If the air isn't good enough
& we decline to take a stand
then what about the children
(are we to watch
until a future child
says I can't breathe)

If the water's bad
& the fish don't run
& the birds fall down
will we say what could I do
(Think about it
ask a child)

If they can read & we
can learn
& we keep trying harder
to fix our land
to save each tree
(we may be able to look
our future children in the eye)

& not lie



PRETTY-SHIELD AND THE BORROWED BABY

taken from *Daughters of the Earth*
by Carolyn Niethammer

It was summer, and the village was moving. A group of about ten young girls was traveling together quite a way behind the main group, whose packhorses and travois were rising clouds of dust on the dry plains.

The children had stopped to swim in a creek when another Crow woman came along leading a packhorse which carried her belongings and a baby girl on a cradleboard. Seeing that the woman was anxious to catch up with the others, the girls offered to take the baby and the packhorse along with them. The young mother quickly accepted their offer and rode off.

The girls had so much fun playing with the baby that they didn't pay much attention to the time. The sun was already near to the ground when Pretty-shield spoke of the long way ahead. The girls thought they had better stop playing with the baby and catch up with their people; so they tied the baby, in its back-cradle, to the pack and started. Pretty-shield does not remember who was to blame, but anyhow, it wasn't long before the girls were racing their horses!

She could scarcely keep the others in sight because she was leading the pack-horse that carried the child. At first she kept looking back, until her neck ached, to see if the baby was there and all right but when the racing started, she forgot this for a long time. Then, when she suddenly remembered and looked back at the pack, the baby wasn't there!!

(What could have happened to the baby? Could a tiny baby be ok all by itself on the open plain? Next newsletter, we'll finish this exciting and true tale.)

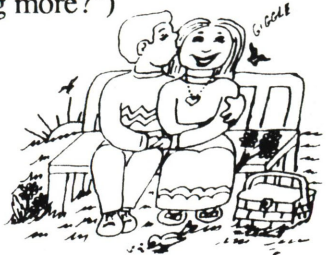
A RIDDLE FOR JUNE

There's a hearing-impaired lady walking across the street. A car is coming. It's totally black and it doesn't have it's lights on. How does she know it's coming?

Answer to May's riddle: (a reminder, the question was ... "What is it when you give it away you end up having more?")

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"Alternate answers: HUGS
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NEW PRODUCTS

by Mary Jo Knowles

We are always trying new products. Please try them and let us know what you think. Also, bring in new product ideas from your travels this summer.

We have finally secured a place to order recycled paper products. Look for our "Envision" paper products: toilet paper, paper towels and tissue.

And here's some other new products:

Nile Spice — Soups in a paper cup: potato, couscous, and rice and couscous.

Knudsens Apricot Nectar in quarts.

Cascade Farms 8 oz. fruit yogurts and organic potato chips.

Bailey and Farleys spiced dilly beans and pickled asparagus.

Ray's taro chips (yes taro chips).

Desert Blend coffee in tea bags. Use them like tea, brew for 3-5 minutes, makes a great cup of coffee.

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HERBAL BATHS

Kenna S. Eaton

Almost everyone enjoys luxuriating in a long bath now and then. The addition of herbs can enhance the experience. Baths can be invigorating, revitalizing or relaxing — and can add special aroma, color, cleansing and softening properties.

Herbal blends can be added 3 ways:

1. Make a tea of 1 cup of herbs and 1 quart of water. Allow to steep 15 minutes, strain and pour the tea into your bath.
2. Fill a large mesh tea ball and place either directly in the tub or under the faucet.
3. Throw the herbs directly into your bath. Be careful to remove them before draining. Some herbs may irritate your skin so this is the least desirable method.

You can combine herbs or use individual ones depending upon the desired effect.

Soothing

Calendula
Catnip
Marigold
Mint
Orange peel
Chamomile
Linden

Cleansing

Fennel
Yarrow
Lavender
Nettle
Strawberry leaves
Rose
Lemon balm

Moisturizing

Anise
Caraway
Mint
Strawberry leaves
Elder
Licorice
Comfrey

There are many books and magazines on herbs for baths, facials, hair rinses and cosmetics. Check out the section at the Coop and the public library. Through your reading you'll find that almost any combination of herbs will work for your bath. A skin patch test is recommended, particularly for those who tend to be sensitive, before immersing the body in any herbal preparation. To conduct a skin patch test, apply an infusion of the herbal bath mixture to a clean, one inch area of the inner part of your arm. Allow to dry. Leave undisturbed and uncovered for four hours. Rinse. Examine the area periodically, looking for reddened, burning or itching skin. Don't use any herb you seem sensitive to.

If you have questions, talk to the Coop staff or consult with the books we have at the Coop, including *Frontier Herbs* fact sheets and *Kitchen Cosmetics* by Jeanne Rose.

For the month of June we will have the following herbs on sale at 20% off: Strawberry leaves, Lemon balm, Fennel seeds, Lemon peel.

Glenda Marie Rock III

509-334-6974

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